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NDP supports Minden ER

by **EMILY STONEHOUSE**
Editor

“We’re here today to talk about an incredible community effort underway to save the Minden Emergency Room,” shared Marit Stiles, the leader of the Ontario New Democratic Party (NDP) and the leader of the Opposition, when she came to Minden on May 25 to speak with concerned citizens.

The press conference was smaller scale, with media partners contacted the day-of to cover the engagement, which was done on the Village Green in downtown Minden. Folks with yellow shirts showed up to support the cause, and share their stories.

Stiles took the time to shake hands with each person who had come out, listening to their experiences, and promising to advocate on their behalf.

“The Minden community has come together with one voice to say ‘this essential ER needs to stay’” Stiles told camera crews and local media agencies, “it is a vital service for locals and visitors alike, [and] it is an essential local resource for the community.”

Stiles did not mince words when it came to addressing the root of the problem, stating that “it is absolutely - let’s be clear - the re-



Marit Stiles, the leader of the provincial NDP and the Opposition, shakes hands with locals during her visit to Minden on May 25. /EMILY STONEHOUSE Staff

sponsibility of Doug Ford and his Minister of Health Sylvia Jones. It is their responsibility to ensure this stays open.”

With the exception of one election in 1990 in which the NDP stepped into the role of MPP for what was then Haliburton-Victoria, the County of Haliburton has been fairly consistent with their Conservative voting, with Laurie Scott currently in her sixth term as MPP.

Stiles believes that Ford and Jones have the tools available to cancel the closure immediately.

She outlined how it is their responsibility to keep the facility open. “They can listen to the voices of the community, advocates, healthcare professionals, and so many others who have been unequivocal that this is worth saving,” she said, “that the right thing to do, is worth doing.”

Hailing from St. John’s Newfoundland, Stiles moved to Ontario to complete her post-secondary education. She was a trustee for the Toronto District School Board, and the president of the federal NDP until 2018.

When Andrea Horwath stepped down as the party leader in 2022, while the NDP were still in the role of Official Opposition, Stiles

see STILES page 2



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Community support for hospital overwhelms mayor

by JAMES MATTHEWS
Local Journalism Initiative Reporter

There's a sure-fire way to see how much a group of people value a service. It's in their reaction when they're told that service will be taken away from them.

Haliburton Highlands Health Services announced in April that the emergency department at the Minden Hills facility will be permanently closed June 1 and consolidated with emergency medical resources at the Haliburton site.

The announcement was like a loud clap in the night for Haliburton County's municipal leaders, residents, and even health care professionals.

Minden Hills Mayor Bob Carter said during the township council's May 25 meeting that the closure of the Minden emergency department is the overwhelming issue facing the township.

But, according to a statement issued May 29 by HHHS, another major issue, at least from a health care perspective, is a shallow staffing pool from which to draw nurses to work shifts.

Carolyn Plummer, the president and CEO at HHHS, said it is those staffing shortages that have created the need to consolidate services to one facility.

Carter said efforts to preserve the level of

health care service in the area and save the ER commenced in short order after the Minden closure was announced. He said there was an extremely well-attended rally in Minden that drew a pair of political representatives from Queen's Park.

"They also took some further action when they got back to Toronto on social media," Carter said of the MPPs who attended the rally.

"I have to say I was overwhelmed by the support in Minden," he said. "We've had wonderful support."

That's included nearly 25,000 people who inked their names to petitions and the many people who have protested and helped spread the word about the closure. One group even began collecting money to fund a legal challenge of the HHHS decision.

"That was probably the most moving part," Carter said. "We have a lot of people in this township who are marginalized sometimes by financial challenges, sometimes by age, and ability and mobility."

"But there were people who stood in line for extended periods of time to donate a toonie or donate \$5 that they could probably ill afford. But it was such an important thing that they made that sacrifice to do that and I think that was very moving."

Carter didn't grow up in Minden. In fact, he said, he's only lived there for about a decade. In that time, he's seen how residents

pull together to help one another through seasonal flooding and all manner of hardship.

"Lord knows we've had to do that more than once over the last decade that I've been here," he said. "And this is just another example."

He said council has asked and pleaded, begged HHHS to reconsider what many people think is a bad decision.

"But they have refused," he said.

If the decision was to be reversed, there remains the predicament of having enough nurses and physicians to work shifts through the summer months when the local population is augmented by the cottage crowd.

"Both the Haliburton and Minden emergency departments have been experiencing severe and persistent nursing staff shortages over the past 18 months, in addition to physician staffing shortages primarily at the Haliburton site," Plummer said.

"The Minden site also began to experience physician shortages in April 2023, and had to turn to the Health Force Ontario Emergency Department Locum Program for coverage."

Carter said the closing will happen as planned on June 1. And the question will become what's next?

Carter said physicians who have worked the Minden ER believe they can resurrect the facility in the fall. One of the reasons for that, he said, is other hospitals demand commitments of set timeframes by doctors that want

to work shifts. It would take the expiration of those commitments elsewhere for physicians to be able to return to Minden.

"That, I think, is what we need to be working on," Carter said. "As I've said many times: This is not a sprint. This is a marathon and we need to support ... the people of Minden to do all that we can to try to come to a better resolution about this."

Plummer said the HHHS staffing model has been one that relied on physicians from other Ontario hospitals and clinics willing to fill shifts at the Minden site. But that's become a hindrance as those hospitals have also been dealing with their own staff shortages.

"As well, the physician schedule for the Minden emergency department wasn't entirely full this summer," she said. "There were still gaps that needed to be filled."

Plummer said most nurses work shifts at both the Haliburton and Minden sites. That means an overall nursing shortage affects both facilities.

"It's important to be clear that without adequate nursing coverage, the emergency departments cannot stay open," she said. "It is these nursing staff shortages that have created the greatest risk for unpredictable, short-notice closures, which has had a serious impact on our ability to continue providing safe, quality, reliable emergency care for the whole community."

Stiles refusing to give up

from page 1

put forward her name. She ran on principles including green infrastructure, Indigenous rights, and supporting public education and healthcare.

She was named the leader of the Opposition in Ontario on Feb. 4, 2023.

"I am incredibly inspired by the people of Minden," Stiles said during her visit, "but they shouldn't have to fight for basic medical

services in their community like this."

When Stiles was posed the question of what she can do to help, she said she will stop at nothing. "Every single day, we get stronger, you keep building and you keep pushing back and you do not give up," she told the crowd. "Even if they do decide to close on June 1, that battle does not end on June 1, we keep building, we keep spreading the message."



Jace Johnston winds up for the ball throw. /ADAM FRISK special to the Times

On your mark, get set, GO!

Joshlynn Ruff of ASES takes a long jump at the Haliburton County track meet on May 27/ ADAM FRISK special to the Times



Auditor delivers kudos to county for its budgeting process

by JAMES MATTHEWS

Local Journalism Initiative Reporter

Haliburton County sails on a pretty even keel when it comes to the money that comes into its coffers and the coin that it spends.

Oscar Poloni, a managing partner at KPMG LLP, presented the draft financial statements May 24 during county council's regular meeting.

In terms of operational expenses, the county's wages and benefits, materials, and contracted services all increased in 2022 over the previous year.

"Once you look at your financial statements and you adjust them to how you budget during the year, you actually had a surplus of about \$165,000," he said.

That represents less than one per cent of the county's total revenues. And Poloni said that tells auditors three things: The county is breaking even or close to breaking even. It also says the county's budget process works well. And it demonstrates staff's ability to monitor operations to ensure a balance between revenues and expenses.

"The fact that you could get to less than one per cent total revenues, from a budget perspective, speaks well to how you do your budgets and how you do your financial management," he said.

The county's cash and investments have increased from \$11.6-million to about \$11.9-million this year. Poloni said there were a number of things that moved those numbers up and down.

"During the year, you actually had a surplus once you adjust for working capital items and non-cash items of roughly \$6.1-million from an operating perspective," he said.

That \$6.1-million was used to finance about \$9.6-million of capital additions.

"There was also about \$4.2-million of long-term debt that was issued by the county

during the year for infrastructure projects," he said. "And also about \$400,000 in principle repayments on long-term debt.

"These are the major components that would move your cash balances up or down."

Poloni said the county's investments and cash balance moved about \$300,000 over the previous year.

The county's accounts payable and accrued liabilities increased by \$41,000.

Long-term debt rose by about \$3.8-million and there was about \$4.2-million in new debt for bridges and culverts capital projects. Poloni said that's offset by about \$400,000 in principle repayment.

Speaking about reserves, Councillor Bob Carter, the mayor of Minden Hills, said the county took on about \$4.1-million in debt but the cash at the end of the year was about \$5.2-million. There were also investments that were paying zero per cent, and the debt incurred about four per cent interest.

"Should we have taken on that debt?" Carter said.

"It's really not our place to dictate policy to county council," said Poloni.

Some municipalities don't like to run up debt and so they adopt a pay as you go strategy, Poloni said.

"Personally, I can understand why councils would do that," he said. "I don't necessarily suggest that approach. What it requires you to do is to accumulate significant deferrals in your capital program."

That means the service level standards start to drop.

Bridges are long-term assets for the county and, once the investment is made in them, the benefits of a bridge would be reaped for many years, he said.

"This isn't a pickup truck that you're using for seven years," Poloni said. "So some people would suggest that debt financing in these situations is actually appropriate."

He offered two reasons for why debt financing is acceptable.

It allows the county to take on an infrastructure project that it wouldn't be able to otherwise. And, by using debt, the costs of the bridge could be spread over multiple generations.

"Future users of the asset have a portion of the cost to bear as well because you've spread the repayment of the debt over time," Poloni said.

However, he said, the upper tier council has less reserve money per household than councils of the four lower tier municipalities.

That would hamstring county council taking the pay as you go approach to funding infrastructure projects, he said.

Michael Rutter, the county's clerk and CAO, said council drew significantly on the county's reserve funds this year through the course of inking its operational and capital budget.

The reserve tally in 2024 will be about half what it was before this year's budget, Rutter said.

"Those reserves have been utilized," he said.



Voting for health

The province-wide referendum to stop the privatization of public hospitals was held on May 26 and 27, with the results shared on May 30. In Haliburton County there were 5504 voters, with 108 voting in favour of privatization, and 5396 opposed to privatization. The ballots will now be delivered to Queen's Park to conclude the referendum process. /EMILY STONEHOUSE Staff

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VIRTUAL & IN-PERSON COUNCIL MEETINGS

Council and Closed Session meetings are currently being conducted with a hybrid model of in-person and electronic participation in accordance with the Municipal Act. Members of the Public will participate electronically, until further notice. Meetings begin at 9:00 AM unless otherwise noted. The schedule of upcoming meetings are:

June 8 – Regular Council and Public Meeting
June 29 – Regular Council Meeting

Members of the Public are invited to observe Council proceedings by joining a live-stream link available on the township CivicWeb Portal at mindenhills.civicweb.net/Portal/MeetingTypeList.aspx or by using the direct link provided in the notice. Meeting agendas are not displayed during the meeting; please download by visiting our CivicWeb Portal at mindenhills.civicweb.net/Portal/MeetingTypeList.aspx. Please note the live stream file/video will be available to the public for the duration of one week after the Council Meeting.

IMPORTANT LANDFILL CARD INFORMATION

Don't recycle your current Landfill Card, blue in colour, valid from May 1, 2021-April 30, 2023, it has been extended to the end of December 2023.

EMPLOYMENT OPPORTUNITIES

We are currently seeking energetic and highly motivated individuals for a variety of positions within the municipality. Please visit our website at <https://www.minden hills.ca/careers/> for a complete list of available positions and how to apply.

CULTURAL CENTRE EVENTS

Cross Cut, an exhibit by Rob Niezen, is on display at the Agnes Jamieson Gallery until July 1. The exhibit features 24 linocuts illustrating traditional Ontario folk songs reimagined in a contemporary context. Join Rob and his band the Backwoodsmen for an outdoor performance on Saturday June 24 at 2 pm in the Heritage Village. The Agnes Jamieson Gallery is open Tuesday to Saturday from 10 am – 4 pm. Admission is by donation. For more information please look at the events calendar <https://calendar.minden hills.ca/default/Detail/2023-05-04-1000-Cross-Cut-Exhibit-by-Rob-Niezen>.

Bateman Family: A Sense of Place will be on display from July 6 to September 2 at the Agnes Jamieson Gallery. The Batemans cherish the memories of their summer holidays spent at the family cottages in Haliburton County. Their experiences over several decades are captured in this personal family exhibit featuring paintings by Alan, Brad, Jack, Robert & Ross and photographs by Birgit Freybe Bateman. The opening reception will take place on Saturday July 8 from 1-4 pm. Pre-registration is required for the artist talk at 1:30 pm. For more information, please call 705-286-3763 or email culturalcentre@minden hills.ca.

The Minden Hills Museum & Heritage Village and Nature's Place is now open for the season Tuesday to Saturday from 10 am – 4 pm. Join us for self-guided village tours and hands-on activities including Bat Crafts on June 1 at 3 pm, Mini Scarecrows on June 2 at 11 am and 2 pm and Nature Experiments on June 3 at 11 am and 2 pm. Admission is by donation. For more information, please call 705-286-3763 or email culturalcentre@minden hills.ca.

A MESSAGE FROM THE FIRE DEPARTMENT

Fire needs heat, fuel, and oxygen to ignite. Unfortunately, both fuel and oxygen are plentiful aboard most boats, making fire an ever-present hazard. It's important to take safety precautions to mitigate the most common causes of fires on board boats and familiarize yourself with the procedure to follow if a fire occurs.

Common causes of boat fires and prevention tips:

- Smoking don't allow smoking in the cabin.
- Fuel-burning appliances: keep gas valves turned off when not in use, and never leave cooking appliances unattended while they're on
- Gas buildup in the bilge: open hatches for ventilation in the bilge and cabin area
- Faulty wiring and leaks: check wiring, gas tubing and fittings regularly for defects
- Fuel vapour: always vent the engine space before starting the engine.
- You can also fit gas and smoke detectors on your boat as an extra prevention strategy.

TENDER OPPORTUNITIES

Current tender opportunities:

- RFT ENV 23-001 – For the Provision of Steel Landfill Cover Plates
 - RFT ENV 23-002 – Grading and Final Cover Application at the Scotch Line Landfill
 - RFT RDS 23-002 – Reconstruction of Bobcaygeon and Scotch Line Roads
- Keep informed of current projects available to bid on by visiting our website at mindenhills.ca/en/local-government/bid-opportunities for a list of available tender opportunities.

CALL FOR COMMITTEE MEMBERS

The Township of Minden Hills is looking for volunteers to participate as members on the Cemetery Advisory Committee for more information please visit our website at <https://www.minden hills.ca/en/local-government/committees-and-boards.aspx> or email admin@minden hills.ca.

County to offset climate change

by **JAMES MATTHEWS**
Local Journalism Initiative Reporter

Summer's upon us and Haliburton County is getting warmer, wetter, and wilder.

But hold on. Allow me to give some context for that lede sentence.

The county and the planet is getting warmer, wetter, and wilder by way of global warming's ill effects.

Higher average temperatures and more extreme heat waves are common. That's the warm.

We have extreme rainfall more often. That's the wetter. But there are also longer dry spells between the torrential events.

And, globally, storm events have gotten ... well, wilder.

Haliburton County council got a look at the latest draft of its Community Climate Action Plan during its regular meeting May 24.

Korey McKay, the county's climate change coordinator, said climate change is a global issue, but it makes sound sense to address it at the local level. Municipalities have to deal most with climate impacts and they also influence as much as half of Canada's greenhouse gas emissions.

"Through things like land use and transportation planning," she said.

While addressing climate action requires an upfront investment, it's often more costly down the road to not try to take action, she said.

"For every dollar that's invested in some of the most important climate adaptation measures, you can save \$13 to \$15 in the long term," McKay said.

Haliburton County is rich in wetlands and forests, and it's important that those assets are protected. And the solutions to climate change already exist.

"We just have to find ways to rapidly deploy them and make them more accessible to people," McKay said.

Haliburton County and its four lower tier municipalities established a three-phased climate change planning process in 2019.

Phase 1 included corporate mitigation and involves reducing greenhouse gas emissions across municipal operations. Corporate greenhouse gas emissions were measured, targets to reduce those emissions were set, and action plans were approved in the fall of 2020.

Corporate adaptation in Phase 2 involves reducing the impacts of climate change across municipal operations and services. Local climate impacts were evaluated, vulnerability and risk assessments were undertaken, and an action plan was developed. Community mitigation and adaptation, the bones of Phase 3, involves creating a long-term strategic roadmap

to reduce greenhouse gas emissions, build climate resilience to more extreme and variable weather, and protect natural assets across the county.

Haliburton County's Committee of the Whole recommended on Oct. 13, 2021, that council direct staff to proceed with the development of a Community Climate Action Plan.

On Jan. 26, 2022, county council approved a draft framework as a basis for community engagement for the action plan.

Staff presented the results of the first community engagement to council on July 20, 2022. The results of the second community engagement to Committee of the Whole were presented on March 8.

McKay said it's important to note that some people are more vulnerable to climate change's impacts. Just consider extreme heat and how it torments seniors, people with certain pre-existing health conditions, and people who work outside for a living.

The first strategy to offset climate change locally is to park the personal vehicle. But Haliburton County is a geographically vast area.

The second strategy is to adopt zero emission vehicles. That can be facilitated through expanding awareness of them and building an inventory of local vehicle charging stations.

The third strategy has homes, cottages, and work places being retrofitted for energy efficiency.

Low carbon in new developments is encouraged as part of the fourth strategy. McKay said building with energy efficiency in mind is less expensive than retrofitting later on.

The fifth strategy involves adopting an approach toward local low carbon energy production.

Finally, the draft calls for a sixth strategy. And that's to protect the county's natural assets.

"The plan will be most successful if we collaborate with other organizations in the community as well as beyond the community," she said.

Councillor Cecil Ryall, the deputy mayor in Algonquin Highlands, said Haliburton County is a recreational vehicle destination. Snowmobiles, boats, all-terrain vehicles are gasoline-powered and the people who ride them are drawn to the region.

Ryall asked how combating climate change can be reconciled with local tourism industry pursuits.

"A lot of the actions in the draft plan focus on education and awareness," McKay said.

There's an organization called Plug'n Drive that will bring electric vehicles to a community for people to test drive. Eventually, she said, that may expand to such recreational vehicles as snowmobiles and all-terrain bikes.

Regarding boating, she suggested promoting paddling as opposed to motorized watercraft.

McKay said a draft terms of reference for a climate change advisory group will soon be brought to council.



HHHS Brings Together Emergency Services at Haliburton Site

**As of June 1, 2023, emergency
services will no longer be available
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Listening to the needs of Minden - Beauty Basics steps up

by **EMILY STONEHOUSE**
Editor

For Amy Joanu, it's all about listening.

The owner of Beauty Basics and winner of entrepreneur of the year from the Chamber of Commerce awards last year, Joanu has her heart and soul set on making Minden sparkle.

Beauty Basics by Amy opened up in 2016, from a dream Joanu had while her children were young. Her husband was working away from home, and she decided she wanted a shift in her lifestyle. So she gave up everything she had to focus on her dream.

What started as a small shop in her basement, eventually grew into a brick and mortar business in Minden. And while Joanu and her team were grateful for the space and the community support, they noted that it felt they had outgrown the building by the second year.

"We wanted everything you could get in the city, without ever having to leave Minden," Joanu told the *Times*. This includes manicures and pedicures, waxing, teeth whitening, ear piercing, botox, eyebrows, eyelashes, and more. "We aren't really a traditional spa," said Joanu, "we are aiming to create an environment that is modern, laid-back, and a space where everyone feels welcome."

Making people feel seen and heard is an ongoing priority for the Beauty Basics team, so much so that they regularly venture out into the Minden community to make connections, and explore opportunities for collaborations with local businesses. This was how they stumbled upon the building that their



The Beauty Basics team is excited that they have expanded their space and services, now located at 101 Bobcaygeon Road. /Photo submitted

business now resides in, at 101 Bobcaygeon Road.

Two years ago, Joanu was visiting local businesses in downtown Minden before stopping into the shop, Northern High, which was housed next to the Village Green. She said she instantly fell in love with the space, and admired the work the owners had put into the building.

Fast forward a few years, and the space became available. Joanu knew she had to jump

on the opportunity. With the new space, Joanu shared that the opportunity to grow is endless. "Now, there's potential for absolutely anything," she said.

The building boasts double the square footage that her previous location held, and with this newfound space, Joanu has explored additional ways to collaborate with local businesses, and offer services that the community is looking for. "It's all about listening," she said. "You listen to what people want and

“

I really think that we can't just complain, we need to help Minden progress and evolve, and we always have to be listening

— AMY JOANU

”

you listen to what people need, and you take that into consideration. We heard what people were looking for, and we understood the assignment."

Currently, Beauty Basics employs 10 women, all of whom live in the Haliburton County region. "I love giving women a chance to spread their wings," said Joanu, who shared that she is passionate about supporting female-run businesses, and hopes to include more services and offerings from women in the wellness industry to collaborate in the new location.

"I'm passionate about Minden," said Joanu, who has grown up in the community, and is now raising her own family here, "I really think that we can't just complain, we need to help Minden progress and evolve, and we always have to be listening."

The new Beauty Basics location is at 101 Bobcaygeon Road, right beside the Village Green. For more information, visit www.beautybasicsbyamy.ca.

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Orange County?

WILL HALIBURTON County go orange? It's a question I've asked myself as I've watched the ER closure saga wage on.

On May 25, Marit Stiles, the leader of the Ontario New Democratic Party and the leader of the Opposition, came to town. She stood on the cracked bricks of the Village Green, meeting locals who donned the yellow "Save Minden ER" t-shirts, shaking their hands and hearing their stories.

She showed up. She cared.

And what I realized, as I sat in the blazing sun and watched as national news agencies pushed microphones in her face, is that this is a big deal.

Not only because we have a large-scale politician standing in our corner of the world. But because she waves an orange flag.

It's no secret that Haliburton County is blue country. As I've mentioned in other columns, sometimes, I don't even see the point in voting. It's just common knowledge that we will stick to our Conservative guns. Old habits die hard.

And for the most part, we've stayed our status quo. Not a lot has changed or shifted or impacted us by steadily voting what we've always voted. The Conservative Party around here seems to be like that favourite woolen sweater that always fits just right. Or an old movie that feels safe. Or a warm bowl of mac and cheese on a rainy day. Comfort food.

In 1990, for reasons unbeknownst to me, Dennis Drainville ran as an NDP candidate for what was then

Victoria-Haliburton, and won with a whopping 6,520 votes over his nearest opponent.

Since and before then, with the exception of some sprinkling of red here and there, we've been blue.

And we're still blue. But maybe, that comfort food is suddenly getting sour.

Maybe, it's not sitting well with us anymore. Maybe it's taking away things that are precious to us. Maybe it's changing. Maybe we're changing.

And maybe it doesn't come down to blue or red or orange. Maybe it comes down to the people.

Doug Ford presented himself like an every day Ontario man himself. He threw around buzz words like "small town businesses" and "local economies" and "buck a beer" like they were candy. He made it seem like he was a guy we could approach. Maybe someone we could picture sitting on

a barstool at the Dominion. A guy who would care about any one of us, in any tiny corner of the world.

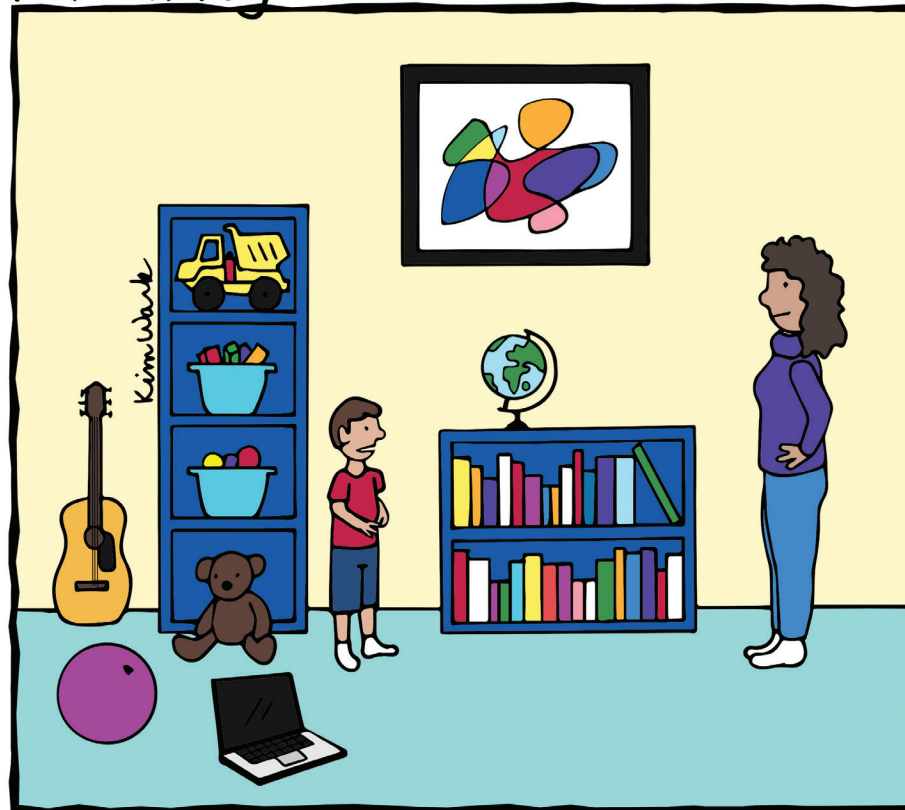
But the truth of the matter is that he doesn't care. If he did, he would be here, right now, fighting for our hospital with every other person who cares in this community.

So maybe it's time to put aside the politics and start looking at who is here. Who is putting their boots on the ground and standing behind the little community that could.

And it just so happens that the party doing that right now, is orange. So maybe it's time to shelve the comfort food, and get ready to try something new.

**EMILY STONEHOUSE**
Editor

Kwarky



"I've looked everywhere for 'my imagination.'
What does it look like? When did you buy it?"

Small streams

IF YOU LOOK at the literature of angling, there seems to be a sentimental place in it for small streams.

Anyone who has written a story about fishing in small streams adorns it with poetic words like intimate, secretive, shady, cool, and special. They describe the little, feisty trout, who cruise at the bases of plunge pools and waterfalls and lay in ambush in the undercuts, in romantic and reverent tones. They gush eloquently about shady alder-lined runs and damselflies and beaver dams. They'll mention water so cool that you could hardly put bare skin to it. Small streams, they say, are special places almost akin to cathedrals in their majesty.

All that's true. But it is also kind of like only describing Frankenstein as a soft-spoken guy. He is clearly that, but he is also capable of causing you great pain and horror, especially if you don't have the right socket wrench.

The same goes for a small stream. While idyllic, they are also capable of making mild mannered anglers tell off the alders in no uncertain terms and wish grievous misfortune upon passing beavers.

This is especially true if you venture into one of these places with a fly rod. In fact, sometimes I think only an idiot would do such a thing.

So, anyway, I took my fly rod into just such a place last week. The expedition was not a total loss either. I caught a nice healthy brook trout, a couple of creek chubs along with 46 alders, 382 clumps of marsh grass, and four immovable beaver dams. I also got cold water over my boots, and contributed to conservation by feed-

ing a horde of hungry mosquitoes. I also lost at least 10 hand tied flies. As small stream adventures go, it was a resounding success.

Will I go back? Yes, but only because my memory is not what it used to be. Plus, your first visit into a small stream is sort of like that first time your big sister beat you in an arm wrestle. You have to go back, just to prove that it was a fluke – sometimes seven or eight times.

Even now I am rethinking how to fish a place like that. I'm debating in my mind what flies would have been more useful

and what fishing techniques would have made a difference. And I'm even seriously considering taking a spinning rod, worm and bobber – which are the correct tools for a quarters so tight.

The truth is, regardless of how that stream kicked my butt, I enjoyed every part of the visit. The canoe, the company, the black ducks and mallards, the green heron,

and the places three or four dams back that had never apparently seen litter – and hopefully never will. It was pleasant to eat a sandwich while watching damselflies, red-winged blackbirds, and the tea-coloured waters of the flow slip by.

Yes, the fishing was impossible at some spots and even worse at others. But it was also a joy to know that places like this exist and brook trout thrive in them.

I'm not sure what else to say or how to explain the joy that waters like these bring.

I guess the best way is to say the place was intimate, secretive, shady, cool, and special. And you know, Frankenstein was a soft-spoken guy.

**STEVE GALEA**
Beyond 35

IN OTHER WORDS

Columns and Letters to the Editor

It's a dog life?

I'M IN California visiting my American granddog Rusty. Rusty has had a rough year or so health wise. Breathing problems and fatigue that appeared during the COVID-19 pandemic.

Pets can catch Covid, but the dog doctors don't think that's what Rusty has had. They prescribed him drugs and a special diet and he slowly is improving.

So I decided to give him a lift with a personal visit. You know, bring him a bag of doggie treats and scratch his ears.

But this is California and a pat on the head and a bag of milk bone treats won't do it. If you want to make your pet feel good here, you take it to its favourite restaurant.



JIM POLING SR.

From Shaman's Rock

There are several pet restaurants here, some simply dog friendly, others that service both you and your dog and some that serve dog meals only.

So I take Rusty to the Dogue Cafe, which offers fine dining for dogs in San Francisco's Mission District. It offers fresh, raw meals prepared by chef-owner Rahmi Massarweh, a Le Cordon Bleu-trained chef.

Dogue has a tasting menu for \$75. It includes bone broth and mosaic chicken, which is white meat wrapped in nori, a Japanese edible seaweed.

That's pricey so I order a \$15 rose-shaped pastry made with antelope heart. It comes on a white plate with a fork and Rusty and I take a seat at a table. After I feed him the first forkful he leans forward, snatches the rest off the plate and swallows it whole. That tells me it must be delicious and worth the fifteen bucks.

Canine restaurants are not just another California curiosity. Their numbers are increasing across the United States.

The Wilson, a well-known Manhattan restaurant, offers a canine menu to folks who want to dine out with their dogs. For \$42 you can order your pet a 16-ounce ribeye steak with steamed vegetables. Or you can get Fido pan-roasted true north salmon with lemon (\$28), or something lighter like a bowl of sliced apples and "heirloom" carrots (\$11).

There also are dessert places for dogs, like the Salty Paws ice cream parlors that serve dog-friendly ice cream in cones, cups or waffle bowls. The company boasts 22 locations across the U.S.

Even some big outfits like Shake Shack and Starbucks have dog snacks for folks who feel uncomfortable enjoying a caramel cappuccino while their four-legged pal has to sit by and drool.

And for dog walkers who want to get their hound a snack while out strolling, there are dog food trucks like The WoofBowl in Los Angeles and Bow Wow Bones in Texas.

The pandemic brought a significant increase in pet ownership in both the U.S. and Canada.

The Canadian Animal Health Institute reports that dog numbers increased to 7.9 million in 2022 from 7.7 million in 2020. The U.S. dog population is estimated at 65.1 million.

Despite rough economic times 65 per cent of Canadian pet owners surveyed say they are spending more on their pets. Canadian dog and cat food sales increased eight per cent last year. U.S. sales of pet products are predicted to hit \$143.6 billion this year.

Places for pups to dine in or snack out are increasing, but they remain lacking in large swaths of the country. However, if you really want to treat your dog to good, genuine dog dining in a far-off place it's becoming easier to get it there.

Transporting pets usually means using commercial airlines that have strict rules and no guarantees of a comfortable flight and safe arrival. Most airlines transport pets in wire cages placed in cargo holds.

The U.S. Department of Transport says 200 pets, mostly dogs, died on flights during the last decade, an average of 20 deaths a year. Worries about bad outcomes have prompted pet owners to demand better for their pets.

Enter private charter air services like K9 Jets in the United Kingdom and VistaJet in the U.S. that allow pets to fly in the aircraft cabin with their owners. VistaJet offers your pet a soft mat to sleep on, toys to play with and prime cuts of meat to snack on.

A dog's life is not looking so bad after all.

letters to the editor

'Silence from Queen's Park has been deafening!'

To the Editor,

Twenty-eight years ago the Minden Hospital was about to close because of the lack of physician coverage. The Minden Hospital was saved by a group of emergency physicians from Lindsay, Peterborough and Barrie who got together to save the hospital from closing. A number of that same group of emergency physicians continue to provide emergency service to Minden and the surrounding community to this day. The Minden "Team", the nurses, X-ray technicians and physicians worked tirelessly to provide Emergency services. Minden was not just a walk in clinic, it was an Emergency Department receiving the same emergent cases as any other hospital. The hospital attends to a lot of trauma related to cottage activities; ATV, boating, snowmobile and motor vehicle accidents etc.,. Minden Hospital does so much with so little.

The 25,000 plus individuals who have signed the petition to keep the Emergency Department open understand the importance of the service provided by the Minden Emergency Room. In addition to the Minden community the Minden Emergency also served a large number of cottagers, their families and their guests. Many elderly cottagers spend from May to October and often present acutely ill to the Minden Emergency Department.

The Haliburton Highlands Health Services (HHHS) and the HHHS Board manage both hospitals. The Minden Emergency Department sees significantly more patients than Haliburton. In 2022 Minden 12,000 and Haliburton just 8,000.

Minden Emergency has had an Emergency Physician group that has staffed the Emergency Room continuously for the past 28 years. Haliburton Emergency Room has been at significant risk of closure 20 times in the past year and has had to rely heavily on Health Force Emergency Physicians to provide coverage.

It has been said that the amalgamation of the Emergency Rooms will make a "progressive medical community" in Haliburton with new equipment. Does this mean a new hospital for Haliburton? The silence from Queen's Park has been deafening!

This upcoming summer the Haliburton Emergency Room will stay open. The patients who previously sought care in Minden will continue to require access to emergency care. It is still not clear if Haliburton Emergency Room can absorb the expected increase patient volume and still provide care in a safe and timely manner.

Going forward, it is unknown if the Haliburton Emergency can remain open 24/7 with adequate physician coverage. That is the big gamble that the Board of HHHS is making. A previous HHHS board chair has apprised me that the two communities have struggled to define where it would be best to localize the delivery of emergent health care in Haliburton County for many years. I am told that Haliburton is central for paramedic services and I am also told that Minden is central based on population density. I hope that the decision to close the Minden Emergency Room has been made with the input of all relevant community stakeholders.

Minden and Haliburton Emergency Departments both provide excellent care with limited resources. Each of these two Emergency Departments needs to remain open to provide timely access to emergent care. Each is no different than a number of small rural hospitals throughout the province who provide a similar service. Minden and Haliburton Emergency Departments, like all rural emergency departments need a CT-scan to facilitate more timely diagnosis and to reduce unnecessary transfers to larger acute care centres.

Dr. Doug Fiddler
(Retired from Minden after
24 of those 28 years)

Call 811 for Non Emergency Calls

To the Editor,

nurse day or night for free, secure, and confidential health advice.

Chesley Hospital has this on their website for their temporary closure coming up.

Free Health Advice 24/7: An 811 call. Help is close at hand. You can connect with a registered

Heather Lockman
Minden

More letters to the Editor on page 8

HCPL's Book of the Week



Nineteen-year old Winter Young, the world's hottest superstar, is recruited by a covert organization to take down a criminal tycoon and finds himself paired with Sydney Cossette, a fierce and unpredictable secret agent. Sydney may be the only person alive impervious to Winter's charms, but as their mission brings them closer, she's forced to admit Winter is more than just a pretty face. Full of romance, secrets and danger, this first book in a new young adult series is an engaging and fast-paced read.

Stars and Smoke by Marie Lu is available to borrow from the Haliburton County Public Library.

letters to the editor

Letter to Minden from Schwarz Law Partners re: ER closure

To the Editor,

Let me begin this letter by saying how blessed I feel in being part of the community in Minden Hills and Haliburton County. My wife and I have lived, enjoyed and worked remotely full time in covid and on a part time basis at our cottage for over 20 years. After 45 years of the practice of law in Toronto, having seen the good and a lot of the bad of humanity I cannot even begin to express the wonder I feel when I have witnessed and been part of a community whom has come together and raised over \$85,000. in a week to try and do something that is right and necessary for everyone. Minden Hills has become home for us and the people that live here have always been kind and supportive. So there is no misunderstanding, neither I nor my firm is charging anything for my time or the administration of the Trust. Everything from us is pro bono.

I suppose this letter is also for the Premier of the Province of Ontario, the Minister of Health, the board of Haliburton Highlands Health Services and the Prime Minister of Canada. As part of the community, we demand their respect and ask that they work with us collaboratively to solve this problem, which to date is unresolved and creating significant stress in our community.

This is how it all unfolded. On Friday afternoon of the long weekend, Patrick Porzuczek and Debbie Sherwin came to my cottage and asked for help to try and stop the closing of the Emergency Department in Minden Hills Hospital. They needed a way to accept donations to pay for legal service and they needed lawyers to help them. I explained I was not a litigator, but they insisted I help in a sort of general counsel role. I created the "Save Minden ED Emergency Trust" with myself, Patrick and Debbie as Trustees. I then asked for the best litigators to help us and I was

thrilled that Mark Ross and Justin Nasserri at Ross Nasserri LLP agreed to help.

Further a good friend of mine, David Preger of Dickinson Wright LLP, offered his and his firm's services. I spoke to Mark Ross and for all of us, it was a very lucky and amazing experience to meet lawyers who believe their job is to do what is right for people, first and foremost.

On the strength of a story about what was happening, Mark drove from Toronto to Minden Hills for a meeting at my cottage with myself, Patrick, Debbie and the Mayor of Minden Hills, Bob Carter. Mark had his staff and partners go to the office full day Sunday and Monday morning to look at putting together an injunction and judicial review application. In order to get from here to there, it was first necessary to get the facts, apply the law and then determine if a judge would grant the relief.

Sunday afternoon the people of Minden Hills showed their love and support by attending the rally. Almost a thousand people took time on the long weekend to try and make the politicians understand that this 30-year-old institution was necessary to save lives and the community and to make donations in person. Access to medical care was a paramount concern. Many people do not have the resources to get to Haliburton for emergency treatment.

Monday noon, I was contacted by Mark Ross whose explanation I shall hereafter try to put in lay terms. Mark indicated no Judge would grant an injunction or judicial review for two main reasons. First, the hospital is not a stand-alone hospital. Minden Hills and Haliburton are one hospital together, with two separate campuses. In other words, it is like a business doing an internal consolidation and there is no legislation or case law that would support an injunction and secondly because of the way HHHS did things,

even though we were staffed until September, by advising the doctors they had no jobs in Minden Hills after June 1, the doctors took jobs elsewhere and we could not restaff for the summer.

This does not mean we could not re-open in September and I have been advised by the Chief Medical Officer that we could have staff for then. David Preger has since reached out to me and said that the Canada Health Act (Federal legislation) states that its underlying policy is "to protect, promote and restore the physical and mental well-being of residents of Canada and to facilitate reasonable access to health services without financial or other barriers." The closing of the emergency in Minden Hills could be seen as being contrary to the act and creating a situation where residents are denied reasonable access to health services.

This means that although we are down we are not out. We certainly have nowhere to go for June 1, but we may have a case to proceed for relief to force the re-opening for the fall. A lot will depend on how HHHS manages the situation in Haliburton. Has this unilateral decision, made without input from the stakeholders created a situation where people will suffer or have they done it correctly and after a few organisational challenges properly prepared. The proof will be in the pudding. Unfortunately, if they were wrong people may die. I hope despite everything, that they were right. There has been a hospital in Minden Hills for over 100 years. Suddenly we don't need one? This is absurd.

Now to the money. We have collected over \$85,000. We have a record of everyone who donated with how much and how to reach them. There is \$53,355 deposited into the Save Minden ED Emergency Trust. The balance is sitting in my email e-transfer account, and I have not deposited it. The total is around \$31,350.

Please start cancelling the e-transfers. I will NOT deposit these monies. I wish I could thank each of you personally for the generosity and caring. As I said at the beginning, we are blessed to be part of a community that comes together like this.

We owe \$6,000 +\$780 HST to Mark Ross at Ross Nasserri LLP. I want to personally thank Ross Nasserri LLP for working so quickly, advising us in such a directional manner and reducing their bill considerably and in my opinion saving us the significant fees and costs that an unsuccessful injunction and judicial review application would have cost. Dickinson Wright has not asked for any money for their research. James Ritchie, Debbie Sherwin and Terry St. Peter and I have agreed not to personally look for a refund. We are taking the \$1000 each (\$3,000 total) that we put into the Trust and applying all of it to the legal fees owing. The balance will be paid for out of the trust unless others want to match us.

We now need to consider if we wish to push forward. There are more or less three options:

1. I have requested that the Federal Government look into whether there has been a breach of the Canada Health Act. We have the right to go to Court on behalf of those who cannot get to Haliburton due to financial, physical, mental or other constraints and to ask a Judge to re-open the Emergency in the fall. We may need more money to do that and there are no guarantees that we will be successful.

If we go that way we need a lot of community support to prove the point and collect the evidence to show a Judge. We will need our doctors and nurses in Minden Hills to demonstrate their support.

2. The other thing we need to consider is to

see page 9

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Readings at Rails End

When: Saturdays 11:30 a.m. to 1 p.m., until to June 17

Where: Rails End Gallery, 23 York Street Haliburton

Local readers read from passages from their favourite Author. Readings are held in conjunction with "Rewilding: Michelle Karch Ackerman and Tanya Zaryski" and the Authors come from The Library of Dresses gallery installation. Discussion follows each reading.

May 20 Amy Brohm reads Mary's Shelley's Frankenstein, May 27 Marguerite Easby reads Jane Austen's Sense and Sensibility

June 3 Poet Ever reads Shirley Jackson

June 10 Scott Duggan reads Emily Bronte

June 17 Laurie Jones reads Beverly Cleary's Ramona the Pest. All welcome.

Where is the Whip-poor-will?

When: Saturday June 3 at 8:30 p.m.

Where: The Bathe Farm, Sedgwick Rd., Gelert

Join Dave Bathe to learn about this interesting nocturnal species whose name sounds exactly like its call. You will learn about its habitat preferences, diet, and distinguishing characteristics. After the presentation, we will go outside and listen to the Whip-poor-wills calling on Dave's property. Admission by donation. Pre-registration is required at www.haliburtonlandtrust.ca. This event is funded by Environment Canada & Climate Change, Habitat Stewardship Program.

Minden Rotary Dinner & Auction

When: Saturday June 3 doors open at 5 p.m.

Where: Minden Community Centre

An evening of fun and friendship at Minden Rotary's Mediterranean Feast Dinner, Auction, and Dance. Molly's Mediterranean buffet starts at 6.30 p.m. Tickets are \$60 and can be purchased from Molly's Bistro, UpRiver Trading, or On-the-Spot Variety. For more info email events@mindenrotary.ca.

Minden Legion Branch 636

Lunch - Monday to Friday

Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m.

Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.

Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.

Every other Friday: Karaoke 8 to 11 p.m.

Friday Fish & Chips & Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.

Every other Friday Karaoke 8 to 11 p.m.

Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m. Call ahead any day for take-out: 705-286-4541

Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.

letters to the editor

from page 8

challenge the HHHS. The HHHS has passed internal resolutions and by-laws making it difficult if not impossible to elect directors that disagree with the current Board decisions. In order to run you need to pass a nominating committee. Of course, that committee is controlled by the current Board. Why did three board members resign? How is this Board spending OUR money and how are they making decision that affect OUR lives. Maybe we should take some of this money to try and change the way HHHS operates.

3. Should we simply refund the money to all of you.

If we do not have contrary instructions in the next few days Debbie and I will start the process of refunding you all your money less the percentage attributed to everyone for payment of the bal-

ance of Ross Nasseri's fees and tax (\$4,780.00). This is heart-breaking for all of us. I have spoken to Bob Carter, the Mayor of Minden Hills and offered to help anyway I can going forward. It is a terrible thing to not be able to protect yourself legally, from the wrongs that have been done.

We will try to set up set up a mass email list so we can reach out to all of you and set up to get votes as to what to do. If someone does not have an email address, please let Patrick or Debbie know. In the meantime all of your money is safe and copies of statements will be available in the office at any time.

It has been my honour to help.

**Yours very truly,
Schwarz Law Partners Llp
Jayson B. Schwarz**

Minden lives matter

To the Editor,

The sudden announcement of the Minden ER closure took everyone by surprise, and has added a terrible burden that NO ONE needed, especially after the last 3 years of so much global uncertainty. The amount of stress, anxiety, fear and sadness that this brings to so many is unmistakable. No one needed this, and no one deserves this. All Ontarians deserve quality, accessible healthcare. The magnitude of this ER closure can not be understated, especially what it means for the most vulnerable community members. Right now, many of you may feel abandoned – by your provincial government and by the Executive Leadership of Haliburton Highlands Health Services. And you deserve to feel that way. Know, however, that there are thousands of people behind you, people that are supporting

you, people that know and believe that YOUR LIVES MATTER.

Many fighting this fight are full time residents of Minden, residents of Haliburton County, residents of Kawartha Lakes and beyond. Many are cottagers, or those who have a special connection to the area. For those who have joined in the fight and have never been here, I encourage you to take some time and visit the “Haliburton Highlands”, especially the town of Minden. There is so much to be grateful for up here, and the community would love to see you. This is one moment. It's a big moment. But it's not the only moment. There's so much more this small town is ready for, we'll be supporting you from near and far, and we know there's more good still to come.

**Adria Scarano
Toronto**

To the Editor,

RE: Jan & Dave Heaven's letter
To clarify, the Liberals under Dalton McGuinty closed the Leslie Frost Centre in 2004 NOT the Conservatives.

There are many articles confirming this.

**Eleanor Kernohan
Minden**

The following letter was addressed to the HHHS Board and shared with the Minden Times:

To HHHS Board,

I am writing to express my deep concern regarding the impending closure of the Minden Emergency Hospital on June 1, 2023. As a resident of our community, I am troubled by the potential consequences of this decision on our healthcare system and the well-being of our local residents and visitors.

The closure of this hospital poses a significant threat to the accessibility of healthcare services for our community members, particularly those who are vulnerable and marginalized. We anticipate compromised emergency services, extended wait times for medical attention, and increased strain on other healthcare facilities in the vicinity. This, in turn, may lead to issues such as overcrowding and substandard patient care. It is crucial to acknowledge that the current driving time between the two emergency rooms is a considerable 25 minutes (on a good day). The impact of this closure cannot be overstated, as it may determine the difference between life and death, as confirmed by first responders and medical professionals.

In an interview with the *Minden Times* on May 25th, 2023, the lead Minden ER physician expressed concern over the timing of this decision. Dr. Bruno Helt stated that the Minden ER has been fully staffed without requiring external

support for over 25 years. The current schedule is well-structured, with a clear plan in place until the end of September this year. Although there are a few openings in the schedule, Dr. Helt is confident that all shifts will be adequately covered. In the worst-case scenario, the Minden group of physicians is willing to step in to ensure sufficient staffing until September. It is evident that there was no immediate need to close the Minden ER this summer due to physician shortages.

Furthermore, the long-term closure of the Minden ER will lead to the displacement of numerous healthcare professionals, impacting not only their livelihoods but also causing a ripple effect on our local economy.

Our community deserves the highest standard of care, and I firmly believe that a mutually beneficial resolution can be reached. Without prompt action, this closure will inevitably result in avoidable loss of life. I emphasize that this statement is not an exaggeration!

It is obvious that HHHS's due diligence has not been conducted, misinformation has been spread, and our community is now in a compromised healthcare position. In light of these circumstances, I respectfully request the resignation of the HHHS Board. We need to move on and look for solutions, not excuses.

**Gary Olesinski
Minden**



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Retreat facility open for business

by EMILY STONEHOUSE
Editor

“Embark on a path of sustained well-being enhanced by the restorative power of nature.”

Those are the opening words on the Dimensions Retreats website. The facility - based out of Algonquin Highlands - is dedicated to offering retreat experiences that combine neuroscience and neurobiology with plant-based medicines. The retreats are catered to individuals who struggle with challenges surrounding depression, anxiety, PTSD, eating disorders, or substance abuse issues.

But the owners wanted to make one thing very clear: “We don’t do anything that’s not legal,” said Christopher Dawson, the founder and CAO of the facility.

This primary concern emerged when Dimensions hit the news for utilizing “psychedelic mushrooms” during their retreats. And while exploring this type of plant-based wellness retreat is of interest to the founders, they will not explore that option until it is legal across the country.

In the meantime, Dawson shared that they offer two different types of retreat services: “Ascend Retreats, which focus on health and wellness, and Elevate Retreats, which focus on specific diagnoses,” he said.

Recently, Veterans Affairs Canada, the organization responsible for pensions, benefits



Dimensions Retreats opened their doors on May 17 to welcome the community in to explore the facility. Pictured are Co-founder and COO Andrew Galloway, Councillor Sabrina Richards, Mayor of Algonquin Highlands Liz Danielsen, and Co-Founder and CEO Chris Dawson. /Photo submitted

and services for war veterans, has approved Dimensions to be an interdisciplinary clinic under their services. “This approval will of-

fer financial support to veterans seeking retreats,” said Dawson, “and it will allow us to demonstrate that we are a safe partner.”

Dimensions took the time to open their doors to the public on May 17, when they offered tours of the high-end cabins, services, food, and facility. Visitors got a chance to see the sprawling dock where yoga is taught, the expansive dome that’s filled with tools to help participants relax and heal, and the pool that’s filled with salt to help bodies and minds relax.

While the facility is currently not open to the public for regular appointments, it has a primary focus on tending to retreat participants. The retreats are multiple days, and include communications with the health team before, during, and after the session, to ensure the participant feels supported.

Dawson shared that eventually, he is eager to open up Dimension’s doors to the local public as well. “As we continue to grow, we will have the opportunity to offer that,” he said. “Right now, we’re about half the size we want to be.”

The property is currently spread across 40 acres, and employs 30 to 40 staff members at any given time. Dawson noted that the staff are truly what make the experiences exceptional. “We are always looking for the best people,” he said, “and we’re just lucky that the best people are coming to us.”

Dimensions is located in Algonquin Highlands, off North Shore Road. For more information about their story and the types of retreats they offer, visit www.dimensionsretreats.com.

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	2				7	1		6
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Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Answers on page 12

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Dolled up for prom

Ravyn Rideout, Riley Bacon and Victoria Robertson pose for pictures at the photobooth during prom. /ADAM FRISK special to the Times



Telling our stories

The Speakers Series is delighted to welcome Michael Hill, Liz Scott and Thom Lambert who will be joining us on Wednesday, June 14 to share their stories and images of the Mariposa Folk Festival, Canada's legendary music festival that started in 1961. Michael Hill, former artistic director will reflect upon what has been and Liz Scott, current artistic director and no stranger to the Haliburton Highlands, will provide a contemporary perspective and a peek at what the future holds. Thom Lambert, a local musician who has attended the

Festival many times will share his experience as an attendee and maybe even play a tune or two. The presentation is held at the Fish Hatchery on County Road #1 and begins at 7 p.m.

The Speakers Series admission is \$15/person. As is the custom, a portion of the proceeds will be donated to a local not-for-profit organization. These monthly talks are very well attended. To reserve a seat, please call 705-457-7557 or email info@yoursoutdoors.ca

Submitted



Kaleb Pereira poses with girlfriend, Violette, next to his grandfather's truck after rolling into the Pinestone for prom. /ADAM FRISK special to the Times

Walk on the wild side in Minden

by RICK WHITEKER
Special to the Times

Sunshine and a gentle breeze greeted the official opening of "stepping into nature," a new way to experience the Minden Riverwalk Trail. The Haliburton County Master Gardeners have researched and organized a free self-guided walking tour along this popular walkway, adding a significant learning component to any stroll along the banks of the Gull River in downtown Minden.

Master Gardener Shelley Fellows opened the event by giving credit to all the people, businesses and organizations who supported this venture. The list is impressive, giving everyone in the audience a clear sense of the community effort behind this tremendous initiative.

Starting with Mayor Bob Carter, calling the improved Riverwalk another "gem" in Minden Hills. Carter gave credit to Craig Belfry, Director of Community Services who has been very supportive of the interactive Riverwalk idea from the start. County warden Liz Danielsen and Andrew Gordon, Executive Director of U-Links, also spoke glowingly about the project.

Fellows continued by thanking Haliburton County Development Corporation (HCDC) for their financial support. Heather Reid from HCDC offered her congratulations and was all smiles, probably recognizing the great value her organization has added to the Minden community, for locals and visitors alike.

The project's lead and Master Gardener, Carolyn Langdon, spoke about the role the whole community played in turning this idea



Mayor Bob Carter and County Warden Liz Danielsen cut the "ribbon" for the official opening of "stepping into nature," which is a new way to experience the Minden Riverwalk Trail presented by the Master Gardeners. /EMILY STONEHOUSE staff

into reality. The genesis of the idea, said Langdon "started with a request from Paul McInnes of the CHA to compile a list of native shoreline plants." This extensive effort and online resource led to further discussions by the Master Gardeners about finding a public demonstration area to allow people to see shoreline rehabilitation in action.

The Minden Riverwalk Trail seemed like a good fit and now fourteen years after the original shoreline work was started, erosion has stopped, native plants have matured and members of the community have told Langdon that, "the Canadian Geese problem is 95 per cent solved!"

Finally, Fellows drew attention to a significant number of local business donors, further emphasising the community spirit behind the project.

Establishing a variety of shoreline plants along the riverwalk has added diversity and colour to the trail. The grassy monoculture has been replaced by flowering shrubs, trees and flowers; attracting birds, insects and other critters who come to feed and nest, increasing the biodiversity of the riverbank.

Caleb Brown of Trent University was tasked with tracking the inventory of the insect species along the Riverwalk. Brown noted that he identified many syrphid flies,

commonly called "hover flies." Mimicking bees and wasps, the look-a-like hover flies avoid predation. They are important pollinators and their larva often eat aphids, a potentially damaging insect. Brown spent hours looking through a microscope and searching in guidebooks to identify multiple insect species. His work is now part of this interactive walk.

With 21 small signs spread out over both sides of the river, I struck out to see how these interactive stops work. My past challenges with technology had me concerned with how my old phone might fair with QR codes or the PocketSights app but the process proved to be easy. Opening the camera on my phone, I just pointed at the QR code on the trailside sign and a prompt appeared. I tapped it and, miraculously, photos and detailed descriptions connected to the place I was standing popped up on my screen.

Audio tracks are also available in case you would prefer listening over reading. A range of topics are covered including plants, insects, wetlands, keystone species and healthy shoreline guidelines in an interesting and engaging format. Links to additional resources are included if more information is desired.

The end of the official opening ceremony involved Bob Carter, armed with a significant set of branch clippers, cutting a vine strung across the trail, held by all the attending stakeholders. No office scissors or frilly ribbons at this ceremony, staying consistent with the environmental focus of the day. The Haliburton County Master Gardeners should be proud of this accomplishment, showing leadership in creating a great new learning tool and demonstrating how to garden in harmony with nature.

Home office ergonomics

I THINK AT one point or another the majority of us have experienced pain in between the shoulder blades or neck while sitting at a desk or doing computer work. For those of you who do this for a living the discomfort can become an almost normal part of the workday. Since the pandemic, there has been an increase in working from home.



DR. KASSIE WRIGHT
Wellness Corner with Kassie

This could involve sitting at a pieced together office, the kitchen table, couch or outside on patio furniture. Because this is so common I'd like to share with you how you can properly position yourself for working at home and some easy mobility exercises that can help prevent common aches and pains. A proper ergonomic workstation can reduce the risk of discomfort that these stressors cause to our bodies. The first and most important factor is a supportive chair. I completely understand that not everyone has the money to go out and buy a ridiculously expensive ergonomic chair but here is what you can do: make sure your feet are flat against the floor and knees are bent at 90 degrees. If the chair is too

low, try sitting on some sort of cushion. Usually the ones from an outdoor chair cover work well as they provide a few layers of foam. If the chair is too high, say a bar stool, place a stool under your feet to bring the knees up to 90 degrees. The lower back should provide some amount of lumbar support. This means that the lower back should maintain its natural curve. Short version, no slumping. When the lower back area is slumped, the spine is in a flexed position leading to compression and strain. After a few hours, you will feel this. My favourite go-to is a decorative pillow placed in the small of the back. It keeps the spine in a neutral position which eases tension.

Now that the lower body is taken care of, let's move to the upper body. If there are adjustable arm rests on the chair, the elbows should also be at 90 degrees with the forearms resting on the table or on the arm rests. The computer monitor should be at eye level. If the computer is too low and you find yourself constantly looking down at it, try to raise it up using a few old textbooks, phonebooks, and even a small stool. Another piece of advice I can give is to switch it up! Don't sit for longer than an hour at a time. Get up, do a lap, or take a meeting outside while walking around. The body will respond well to variety.

Now that you're set up properly, let's introduce some home remedies for preventing and relieving tension. As

always, if any of the stretches cause discomfort, stop doing them and consult a health professional for an assessment.

Seated hamstring stretch

Sit near the front edge of a chair. Rest your heel on the floor with your knee straight. Sit up tall, and hinge forward. Gently lean forward until a stretch is felt behind your knee/thigh. Maintain a straight spine. Hold position for 30 seconds. Perform on both legs.

Piriformis stretch

While sitting in a chair, cross your affected leg on top of the other. Sit up straight, and hinge at the hips, gently leaning forward until you feel a stretch in the glute. Hold and breath for about 30 seconds. Repeat on opposite side.

Trunk extension

While sitting in a chair, extend your upper back backwards over a rolled up towel against the back rest. Hold for 3-5 seconds, and repeat 10 times.

Brugger's exercise

Sit on the edge of your chair. Drop your shoulders and turn your hands and arms backward so your thumbs are pointing backwards. Try tucking your chin, and you will feel a stretch across your neck, chest, and arms. Take a few deep breaths, then relax. Repeat as needed.



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On May 26, because Wedgewood BBQ opened their doors for the season with smoked meats and Kawartha Dairy treats. The pop-up restaurant is just North of Minden at the Wedgewood Marina. /Photo submitted

SUDOKU SOLUTION

3	6	1	5	4	2	7	9	8
8	7	9	3	1	6	2	5	4
5	4	2	7	8	9	6	3	1
2	8	7	1	9	3	4	6	5
4	9	6	8	2	5	3	1	7
1	3	5	6	7	4	8	2	9
9	2	3	4	5	7	1	8	6
6	1	4	9	3	8	5	7	2
7	5	8	2	6	1	9	4	3



HALIBURTON COUNTY AT MINDEN FAIRGROUNDS

FAIR

Saturday June 10th 2023

PRESENTED BY THE MINDEN AGRICULTURAL SOCIETY SINCE 1864

SCHEDULE OF Events

- 9 am: Fairgrounds open
 9 am: Vendors, artisans, demonstrations
 10 am - 2 pm: Re/Max Balloon Rides Weather Permitting
 10:30: Opening ceremonies with dignitaries and fair board executives
 Noon - 3 pm: Zoo to You
 3:30 pm: Horse Pull
 All Day: Classic & Antique Car Show
 All Day: Kids Pony Rides
 All Day: CURLING CLUB:
 exhibits, tea room, baked goods, demonstrations, woodworking and much more.
 All times are subject to change

Things to See

THROUGHOUT THE DAY

- ~ OPP, Minden Fire Department, EMS
- ~ Food Vendors - Kawartha Dairy Ice Cream
- ~ Crafts/Quilt Displays
- ~ Small Auction
- ~ Wood Processing Demonstrations
- ~ Heavy Equipment Demonstrations
- ~ 50/50 Draw (Only 3000 tickets sold)
- ~ Minden PRIDE
- ~ Haliburton Rotary Club Draw Truck Tickets Available
- ~ Haliburton Highlands Outdoor Association
- ~ And much more

Kids & Youth

EVENTS

- ~ Bouncy Castles
- ~ Pockets the Clown (with face painting)
- ~ Dalrymple Rabbitry
- ~ Natural Resources & SMOKEY the BEAR

- ~ Kids Games
- ~ Turtle Guardians
- ~ Farmers Association Farm Animals

Main Stage ENTERTAINMENT

LIVE MUSIC

Boshkung Brewing Beer Tent

- 11:00 - 11:30: **The Country Hot Flashes**
 11:30 - 12:00: **Louie Reynolds**
 12:00 - 12:30: **Barnard & Brohm**
 1:00 - 2:20: **The Todd Nolan Show**
 3:30 start: **Open Mic**

Admission

Adults: \$10
Kids Ages 6 - 12: \$5
5 & under: No Charge
 All kids events included in admission

Should I Bring Anything?

- Lawn chair(s) • Rain Jacket/Gear (Just in case)
- Sunscreen • Hat • Bug Spray • Comfortable Footwear
- Although some vendors and artisans may have debit transactions available - it would be a good idea to bring cash as well.

Camping

\$25 per trailer - Plus fair admission(s)

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to join us for refreshments, networking, and a
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Know When To Grow:
The Risks & Benefits of Expanding a Business
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This position is responsible for the **cleanliness and maintenance** of Staanworth's properties.

Primary duties include maintaining cleanliness of all building entrances, hallways, common rooms, washrooms, laundry and garbage rooms. Secondary duties include minor repairs to apartments, assistance with move-out procedures, garbage transport to landfill and yard maintenance. Job description is available on request.

Successful applicant will have experience in cleaning and sound knowledge of employment safety regulations. WHMIS certification desired. A driver's license and an abstract will be required. A Vulnerable Police check will also be required.

This position includes employer paid benefits (medical, dental, vision and life insurance). Wage will be \$18/hour or more based on experience. Position is available immediately.

Please submit your resume no later than 4:30p.m. June 8, 2023 to: Staanworth Non-Profit Housing, 44 Parkside Street, Minden, KOM 2K0 or emailed to staanworth@gmail.com

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Minden Times

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Responsibilities include: cleaning of all buildings, accommodations, washrooms, shower facilities and common areas throughout the camp, including the turnover of living space throughout camp and overall upkeep of camp

facilities. Cleaning and light maintenance duties include, but not limited to sweeping, mopping, cleaning, painting and replenishing supplies needed for showers and washrooms.

Expected Start date: Immediately

Candidates must enjoy working outside. A typical work week is 40 hours with potential for overtime. Willing to take required government safety certifications such as WHMIS. Able to support a positive team environment. Salary: Housekeeping \$17.50 - \$19.50 per hour based on experience..

Submit resume by email to Jay@camptimberlane.ca



Total Site Services Inc. is growing again!

We are hiring an experienced **Septic Designer/Installer/Project Manager.**

The job is full time seasonal from March to December.

The candidate's duties will include:

- Design and provide estimates of septic systems
- Manage septic projects as needed
- Follow up on job leads

Experience is required and wage will be \$25 - \$35 per hour based on experience.

Please send resume to accounting@totalsiteservices.ca

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Environmental Research Associate
U-Links Centre for Community-Based Research

Are you passionate about the environment and keen to make a difference at the community level?

U-Links is looking for an enthusiastic, self-directed individual to work with our community-based research team. Under the supervision of the U-Links Program Coordinator and the U-Links Director, you will be responsible for assisting with the Woodlands and Waterways EcoWatch program and Water Quality Pilot Project as well as supporting other research projects undertaken by U-Links.

The ideal candidate will have post-secondary education (environmental studies, environmental sciences, environmental tech, ecosystems management, biology, or related field) and field knowledge of ecological monitoring and biological sampling methods (OBBN certification and/or experience with vegetation sampling protocols are preferred).

This is a 33-week contract from June 12th, 2023, to January 31st, 2024. Compensation is \$22.50/hour. For a full job description and more details go to www.ulinks.ca

Email a detailed cover-letter and resume to admin@ulinks.ca by June 2nd, 23:59 EST

Candidates must be a Canadian citizen, permanent resident or person granted refugee status in Canada and be between the ages of 15-30 (inclusive) at the start of employment.

Only those selected for an interview will be contacted.

Minden Times

Classifieds

Call 705-286-1288 classifieds@haliburtonpress.com Deadline 4 pm Each Monday

520 THANK YOU



Kathryn and I wish to thank Haliburton County residents, the Doctor's, nurses and staff in the Nursing Homes, for three decades of support of our Practice. We have to especially thank Debbie Bull in the Minden office who for over 20 years has been not only a fellow worker, she is considered a valuable friend.

It is with mixed emotions we say goodbye to the Hearing Aid business. We wish the new owners nothing but the very best. Hometown Hearing brings you new faces, newly renovated offices, new product line, with old fashion hometown services.

We look forward to seeing many of you at one of my concerts in the County and to our dear friends shut -in the Nursing Homes Gord will continue his "sing-a-longs in each home as he has been doing for over 30 years.

We truly feel blessed to be living in a community whose visual beauty is second only to the beautiful people we know as neighbors and friends.

To all our most sincere, thank you.
Gord and Kathryn Kidd

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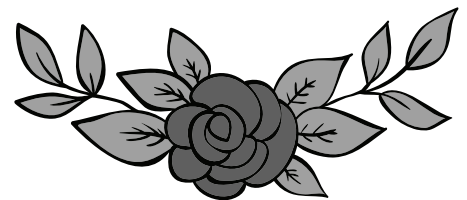
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OR email to debbie@haliburtonpress.com



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Monday, June 29, 1998

One step closer

The start of construction at the two hospital sites in Minden and Haliburton moved a great deal closer Thursday.

Just in time for the second annual meeting of the Haliburton Highlands Health Services Board, the Ministry of Health announced approval had been granted for the work to be put to tender. Up to that point, ministry officials were pouring over the architect's drawings to ensure they met with MoH criteria. The local health board had been assured that the plans were all but approved, but without the ministry's consent it was impossible to release them to the general contractors who will lead the construction process.

That approval finally came Thursday and added an upbeat note to the annual general meeting held at the Legion Hall in Haliburton. "As of this afternoon, we have been authorized to go to tender for our capital projects," Hugh Nichol, chair of the board announced at the start of the meeting. He was obviously pleased with the news, as were fellow board members and the public.

Nichol pointed out that it was likely more than coincidence that the announcement from the MoH occurred in time for the annual general meeting. He noted that MPP Chris Hodgson had always been supportive of the health services projects in the Highlands and

(more on page 3)

An evening of celebration



It was a proud and fun-filled night for students, parents and teachers Tuesday evening as Archie Stouffer Elementary School recognized the outstanding students of the year. Above teacher Kathy Adams clowns it up with top Geography students in the three grade 8 classes, from the left, Jennifer Moore, Cheryl Ripley and Aaron Ketrner. At the left Jennifer Carpenter receives the Stuart Baker Memorial Award from teacher Eric Thompson while at the right, David Bloomfield is presented with the Haliburton County Women Teachers Association Award for leadership. See the second section for a complete report on the graduation.



Price increase for *The Times*

The retail price of *The Times* is changing.

Publisher Jack Brezina has announced the price of the newspaper as of the July 6 edition will move to 93¢. The price increase is the first for the newspaper in seven years and reflects the increased costs which have occurred during that time period.

The price of 93¢ was chosen because, with the addition of the 7¢ GST the cost of the newspaper will be an even \$1. This should make it easier for the purchaser and the retailer handling the sale of the newspaper. A portion of the increase will include a higher return for retailers who sell *The Times*.

The subscription price of *The Times* remains unchanged at \$30 (plus \$2.10 GST), or about 60 cents per copy, delivered to your address anywhere in the immediate area or across Canada.

We hope our readers will appreciate the need for this change. We look forward to your continued support of our publications.

The pleasure of your company is requested.....

It's a community picnic, a day of good, old-fashioned fun and it's a birthday party to which everyone is invited.

After 131 years this country has a lot to celebrate and the party planned for Wednesday should reflect that.

Those thoughts come to mind in examining the line-up of activities planned for the riverside venue in Minden as the nation celebrates its birthday. The Canada Day Committee has once again pulled together an interesting and

varied selection of events and activities that should keep just about everyone entertained from dawn to dusk.

Most of the daytime events will again take place on South Water Street along the Gull River. The portion of the street from the Beer Store to the bridge will be closed to traffic to provide an open area for people to mingle, watch the entertainment or take it easy in the cool shade of the river bank trees.

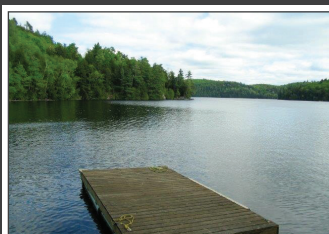
Something new at this

year's event is the addition of antique boats to the excellent line-up of classic cars which have always been a highlight of the day. Also in the river during the afternoon, expert kayakers from the Minden Wild Water Preserve and the Wild Rock Boat Werks will provide instruction right downtown for anyone interested in trying the sport. "It's an opportunity see and experience the fun and excitement of flatwater kayaking," one of the organiz-

(more on page 2)

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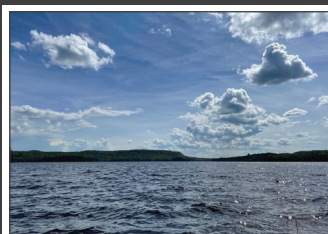
- Call me today to book a no obligation property evaluation
- I have buyers waiting...



Andy Campbell
854-0292

In-Town Home in Minden \$480,000

- 4 Beds / 2 Baths, 2100+ Sq Ft
- Large Backyard, Oversized Corner Lot
- Playground, Schools, & Shopping Nearby
- Year Round Municipally Maintained Road



Gloria Carnochan* & Breann Budel*
754-1932

Percy Lake \$675,000

- 2.19 Acre Lot, Southwestern exposure
- Easy to build on, driveway installed
- Great fishing and swimming
- Year round road



Mark Dennys*
457-0473

Haliburton Condominium \$699,000

- 1236 Sq Ft, 3rd Flr, 2 Bdrm, 2 Bath, A/C
- Large Balcony w/ Entertainment Space/Views
- Head Lake (5 Lake Chain), Move-in Ready
- Underground Parking, Close to Walking Trails

Minden Matters

Save the Minden ER
Save our Hospital
#mindenmatters



Tom Ecclestone*
286-2138 x 226

Minden Matters!

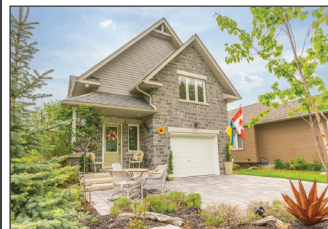
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Lindsay Elder**
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Silver Beach \$820,000

- The new standard in luxury lakeside living
- 2600 sq.ft. finished space, 4 beds/4 baths
- Main floor primary bedroom & ensuite
- Exclusive use of clubhouse & waterfront



Andrew Hodgson**
286-2138 x 229

Minden Family Home \$629,000

- 100+ sq ft home with 3 bedrooms & 2 baths
- Lower-level suite ideal for older kids/in laws
- Oversized garage, bunkie/studio, greenhouse
- Sitting on a private, park-like 5-acre parcel



Susanne James* & Andy Mosher**
457-2128 x 133

Wenona Lake \$699,900

- Great 3BR family cottage
- Awesome full-length lake view, great swimming
- Newer septic and roof shingles



Ashley McKeigue
705-854-1833

Oblong Lake \$579,000

- 0.9-acre parcel with north-western exposure
- Over 700 feet of clean, sand & rock frontage
- Driveway installed & building site partially clear
- 2-lake chain with premium Haliburton Lake



Brandon Nimigon***
457-2128 x 127

Gorgeous Home on Canning Lake

- 4 Beds / 2 Baths, 1300+ Sq Ft
- 145ft of Water Frtg, Amazing Lake View
- Private Year Round Road, Western Exp
- 10 Mins From Minden For All Amenities



Karen Nimigon**
457-6505

Minden Home \$459,000

- 3 Beds / 2 Baths, 1000+ Sq ft
- Convenient Location, Double Car Garage
- Charming Bunkie, Private Yard w/ Gazebo
- Close to Town For Shopping & Amenities



Kelly Kay*
705-457-6841
Kirsten Rae*
705-854-1454

Big Brother WAO

- Water access classic 4 bedroom cottage
- 2 acres of privacy w/ 225 ft water frontage
- Miles of boating into Hawk Lakes



Darlene Reil*
447-2055

Loop Road

- \$169,000, Area of Many Lakes!
- Very Private, Driveway In
- 4+ Acreage in Harcourt
- Several Choices of Building Sites



Christine Sharp*
705-489-9968

Private, Building Lot \$159,000

- 2 Acre Forested Lot
- Beautiful Mixture of Pine & Maple Trees
- Public Access to Basshaunt Lake Close By
- Few Mins From All Amenities of Eagle Lake



Greg Stamp*
457-2128 x 128

Large Acreage on Cockle Lake!

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- Hydro Available at the Lot Line
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Melanie Vigrass*
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- Long gated driveway to private, cleared site
- Large frontage on picturesque Walker's Pond
- Trails throughout to explore, teaming with wildlife



Lindsay Wilkinson*
286-2138 x 223

Canning Lake \$2,950,000

- Executive Waterfront Home or Cottage
- 400' waterfront with over 2 acres
- Double Garage, Guest Cottage, Wet slip Boathouse
- 4 bedroom, 3 baths, 3000+ sq ft.

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